

SENIOR CORNER

Marsha Petrillo, Director – 508-278-8622

Susan White – Administrative Assistant 508-278-8622

Carrie Walden, Nutrition Site Manager – 508-278-7609

Joe Rondeau, Transportation Coordinator - 508 – 278-8622

Mary Rice, Outreach Coordinator – 508-278-8638

The mission of the Uxbridge Council on Aging Board and the Director of the Senior Center is to identify the needs of our senior citizens, to educate the community relative to those needs and to promote and implement services to help fill them. In addition, we serve as a resource center for our senior citizens, families in need and to our Community at large.

Message from Marsha Petrillo, Director Dear Reader: The Uxbridge Senior Center, 36 South Main Street, in conjunction with the Greater Milford VNA, will hold its annual flu shot clinic on Monday, November 5th beginning at 1:30 pm and running through to about 3:30 pm. The clinic is open to Uxbridge seniors and will operate on a first come first serve basis. Please bring your insurance cards, your Medicare cards and a photo ID to register. Reader, we urge you to take part in this free clinic. Remember, with vaccination, most influenza is preventable. Yet, it was reported that last year 20% of people on Medicare did not get a flu shot. Last season, 69% of people 65 and older reported receiving a flu shot according to the CDC. It is also important for seniors to consider the pneumococcal vaccine to prevent pneumonia. Rates for this vaccination are also low, and we urge seniors to get this vaccine at the same time they are vaccinated for the flu.

Please note, that in recent years, the supply of vaccine has been spotty. But this year, the CDC is expecting a record 132 million doses to be available, which is 10 million more doses than last year.

Reader, the flu vaccine is safe, and the idea that you can get the flu from the vaccine is just a myth. To improve the levels of vaccinations, the CDC is recommending getting a shot as soon as the vaccine is available. It is important to note that influenza peaks in the U.S. in February, most years. Get your flu shot early at your local senior center. Call us at 508-278-8622 for more information about signing up for this upcoming free clinic.

SPECIAL THANKS

At this time we would like to extend our heartfelt thanks to the members of our community who shared their home grown vegetables and delicious blueberries with us

over the summer. We truly appreciate your kindness and fine gardening skills. There is no finer gift than healthy home grown vegetables from our neighbors' gardens! Our special thanks to Mr. & Mrs. Francis Susskey, Rita Demers, Rita Ross, Mr. & Mrs. Edward Podles, Mr. & Mrs. Lawrence Henault, and Mr. & Mrs. Stan Smyth. We appreciate you!

Open Enrollment for our Fall Wellness Programs!

Mondays @ 10:30 am join us for TAI CHI for Seniors and Friends with Faith Kennedy, Instructor.

Thursdays @ 3:15 to 4:15 join us for YOGA for Seniors and Friends with Sandra Waite, Fitness Instructor.

Please remember, while our wellness programs are offered free of charge to senior citizens and their family members and friends, we do suggest a voluntary donation of \$3.00 per person to help cover the costs for running these special wellness programs.

COMPUTER CORNER – Classes held every Wednesday, @ 3:30 pm

We gear our computer classes to meet your individual needs. Please call Marsha at 508-278-8622 to enroll. I look forward to meeting you!

Tuesday Afternoons 1:30 – 4:00 PM: Come join us for an afternoon of card playing every Tuesday at the Uxbridge Senior Center. Contact Rita @ 278-2824 for more information about this card group. All are welcome!

DONATION REMINDER: If you would like to make a monetary donation to the Senior Center, we ask that you make all checks and money orders payable to: THE TOWN OF UXBRIDGE. Monetary donations, payable to the Town of Uxbridge, will be deposited weekly into our donations and gift account. Please know that your donations will be used to help fund educational programs, special events, and additional services offered only at the Senior Center. If you have any questions about how to make donations to the Uxbridge Senior Center please do not hesitate to call me at 508-278-8622. We are grateful for your donations and appreciate your continued support.

GROCERY SHOPPING:

Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.

IMPORTANT NAMI NOTICE: The Tuesday night NAMI Support Group will resume on Tuesday, October 2nd at 7:00 pm at the Senior Center, 36 South Main Street,

Uxbridge. Please call Connie or Jim at 278-9833 if you have any questions or need more information about this important support group. This group offers support to individuals who have loved ones diagnosed with mental illness.

SENIOR CLUB

The Senior Club will meet on Wednesday, October 10th & 24th beginning at 1:30 pm. The Senior Club meets at the Uxbridge Senior Center on the second and fourth Wednesdays of every month. We are looking for new members and enrollment in this group is open year round. Call the Center at 508-278-8622 to learn more about us!

October 2007 - UPCOMING EVENTS

Pitch Party Every Monday Night: October 1, 15, 22, & 29. No pitch on Monday, October 8th. The Center will be closed for Columbus Day. Pitch begins @ 6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1st, 2nd, 3rd prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

Thurs., October 4th: SHINE Representative Mary Rice will be on hand from 9:00 am to 11:30 am to answer your medical and insurance questions. Please call Mary at 508-278-8638 to schedule an appointment to discuss Prescription Advantage, MassHealth Buy-In, Evercare, SCO, Fallon and Medicare Part D.

Thurs., October 4th:

Super Wal-Mart Shopping –We have maps of the Wal-Mart floor plan to help you find your way through this super store! Each department is listed including the grocery store. Pickup begins @ 8:30 AM – You must call each month to reserve your seat to Wal-Mart. Sorry, we cannot save your seat from month to month. Please call if you can't make it so the next person can jump aboard from our waiting list. Thank you!

Sun., October 7th: The UNNC (The Uxbridge Newcomers and Natives Club) will meet for a night of crafts at The Uxbridge Senior Center @ 7:00 pm. Call Ann Cook and/or Janice Kimball, newly appointed Co-chairs, for more information about this fun group. Make new friends and meet your neighbors!

Tuesday, October 9th: 5:00 pm COA Board Meeting @ 36 South Main St., Uxbridge Senior Center – All are welcome to attend.

Sun., October 14th: UNNC business meeting begins @ 7:00 pm at the Senior Center.

Tuesday, October 16th: 11:30 am – 12:30 pm Vital Signs Blood pressure Clinic with the Greater VNA of Milford. Please join us for lunch

and sign up to have your vital signs checked. This preventative care service is offered to you free of charge at the Uxbridge Senior Center.

Weds., October 17th: Tri Valley will celebrate its 23rd Anniversary with a special luncheon. Don't miss this annual fun event. We will have plenty of surprises in store for you! Call Carrie to reserve your meal at 508-278-7609.

Sat., October 20th: SERVE New England: Distribution begins @ 10:00 AM Call 1-888-742-7363 or go online to www.serve-newengland.org. To learn how you can save up to 50% and more on high-quality, fresh foods or call the Center @ 508-278-8622.

Sunday, October 21st: 7:00 pm - UNNC Board Meeting Uxbridge Senior Center, 36 South Main St.

Monday, October 30th: Special plans are underway for a Halloween Luncheon with the children from the Uxbridge Library. Join us for a costume party, Halloween stories and plenty of "spooktacular" fun. Bring your grandchildren, friends and family members. We will have special treats, prizes and more. Call Carrie at 508-278-7609 or Marsha at 508-278-8622 to reserve your lunch.

REMINDER: Transportation to and from medical appointments is available at the Senior Center. Call ahead, as soon as you book your next appointment. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict. Call Susan, at 508-278-8622 to make your medical appointment reservation.

OCTOBER MENU - We invite you to come and join us for lunch beginning at 12 noon daily. Let us know how you like our new meal selections. Please call Carrie Walden, Nutrition Site Manager, 48 hours in advance to reserve your meal. Carrie can be reached @ 508-278-7609. \$2 Donation per meal - \$3.50 ages 59 and under.

The menu includes milk and margarine. Menus are subject to change.
Reservations must be made 48 hours in advance.

Monday 10/1 Hearty Beef Stew
Tues., 10/2 Spaghetti & Meatballs
Weds., 10/3 Chicken Supreme
Thurs., 10/4 Baked Ham
Fri., 10/5 Potato Crunch Fish
Mon. 10/8 Center Closed in observance of Columbus Day – No Meals Served
Tues., 10/9 Teriyaki Chicken
Weds., 10/10 Pork Supreme w/Mushroom Sauce

Thurs., 10/11 Salmon Boat
Fri., 10/12 Shepherd's Pie
Mon., 10/15 Cheese Lasagne
Tues., 10/16 Chicken Cantonese
Weds., 10/17 Roast Turkey
Thurs., 10/18 Veal Parmesan
Fri., 10/19 Liver & Onions
Mon., 10/22 Buttermilk Chicken
Tues., 10/23 Macaroni & Cheese
Weds., 10/24 Meatballs w/Spanish sauce
Thurs., 10/25 Turkey Divan
Fri., 10/26 Seafood Newburg
Mon., 10/29 Veggie Cheese Bake
Tues., 10/30 Special Halloween Luncheon – Costume party with children from the Uxbridge Library. Roast Turkey & Stuffing, Halloween cake, Halloween Stories and Prizes.
Weds., 10/31 Chunky Clam Chowder

Have a happy and safe Halloween!

